CONTENTS OF VOLUME 27

Volume 27, No. 1, 1995

Editorial 1

Clinical Sciences

Clinical Case Study

Acute exertional anterior compartment syndrome in an adolescent female
Allan Fehlandt, Jr. and Lyle Micheli 3

Clinical Investigations

The effects of unilateral knee immobilization on lower extremity gait mechanics
Kristin J. Lage, Scott C. White, and H. John Yack 8

Exercise prescription for sitting and supine exercise in subjects with quadriplegia
Karen P. McLean, Pamela P. Jones, and James S. Skinner 15

Effects of exercise on plasma lipids and metabolism of lactating women
Cheryl A. Lovelady, Laurie A. Nommsen-Rivers, Megan A. McCrory, and Kathryn G. Dewey 22

Clinical Epidemiology

The effect of gender on aerobic power and exercise hemodynamics in hypertensive adults
Robert H. Fagard, Lutgarde B. Thijs, and Antoon K. Amery 29

Basic Sciences/Regulatory Physiology

Symposium: Mechanisms Which Control $\dot{V}O_2$ near $\dot{V}O_{2max}$

Chairperson: J. K. Barclay

Introduction: the functional unit
Jack K. Barclay 35

Blood flow and pressure relationships which determine $\dot{V}O_{2max}$
William F. Brechue, Bill T. Ameredes, Jack K. Barclay, and Wendell N. Stainsby 37

Muscle blood flow and distribution determine maximal $\dot{V}O_2$ of contracting muscle
Wendell N. Stainsby, William F. Brechue, and Bill T. Ameredes 43

Muscle O_2 transport and O_2 dependent control of metabolism
Peter D. Wagner 47

Energy metabolism in muscle approaching maximal rates of oxygen utilization
David F. Wilson 54

Mechanisms which control $\dot{V}O_2$ near $\dot{V}O_{2max}$: an overview
Stephen M. Cain 60

Original Investigations

Cocaine and exercise: physiological responses of cocaine-conditioned rats
K. Patrick Kelly, Dong H. Han, Gilbert W. Fellingham, William W. Winder, and Robert K. Conlee 65

Immunomodulatory effects of acute exercise bout in sedentary and trained rats
Yee-Shin Lin, Ming-Shiou Jan, Tyre-Jane Tsai, and Hsiun-Ing Chen 73

Effect of training on blood volume and plasma hormone concentrations in the elderly
Joan F. Carroll, Victor A. Convertino, Charles E. Wood, James E. Graves, David T. Lowenthal, and Michael L. Pollock 79

Applied Sciences

Epidemiology

Failure of predicted $\dot{V}O_{2peak}$ to discriminate physical fitness in epidemiological studies
Mitchell H. Whaley, Leonard A. Kaminsky, Gregory B. Dwyer, and Leroy H. Getchell 85

Biodynamics

Energy aspects for elastic and viscous shoe soles and playing surfaces
Benno M. Nigg and Michael Anton 92

A kinematic comparison of overground and treadmill running
Benno M. Nigg, Ruud W. de Boer, and Veronica Fisher 98

Physical Fitness and Performance

Markers for monitoring overtraining and recovery
Sue L. Hooper, Laurel Traeger Mackinnon, Alf Howard, Richard D. Gordon, and Anthony W. Bachmann 106

Changes in aerobic capacity in men, ages 25–70 yr
Andrew S. Jackson, Earl F. Beard, Larry T. Wier, Robert M. Ross, Joseph E. Stuteville, and Steven N. Blair 113

Special Communications

Methods

Energy costs of walking on a dual-action treadmill in men and women
Nancy Kay Butts, Kelly M. Knox, and T. Shane Foley 121

Comparison of heart rate and physical activity recall with doubly labeled water in obese women
Susan B. Racette, Dale A. Schoeller, and Robert F. Kushner 126

Technical Notes

Determining power outputs for cycle ergometers with different sized flywheels
Norman Gledhill and Roni Jamnik 134

Electrical charging of skis gliding on snow
Samuel C. Colbeck 136

Reviewers for 1994 142

Volume 27, No. 2, 1995

Clinical Sciences

Clinical Review

Determining the role of exercise in patients with chronic pulmonary disease
Christopher B. Cooper 147

Clinical Epidemiology

Coronary heart disease risk factors, physical activity, and fitness in young Danes
Lars B. Andersen and Johanna Haraldsdóttir 158

Inverse relation of physical activity and apolipoprotein AI to blood pressure in elderly women
Rainer Rauramaa, Sari B. Väisänen, Tuomo Rankinen, Ilkka M. Penttilä, Seppo Saarikoski, Jaakko Tuomilehto, and Aulikki Nissinen 164

Clinical Investigations

Effect of recreational exercise on pregnancy weight gain and subcutaneous fat deposition
James F. Clapp III and Kathleen D. Little 170

Relationship of regional body composition to bone mineral density in college females
David L. Nichols, Charlotte F. Sanborn, Sydney L. Bonnick, Barbara Gench, and Nancy DiMarco 178

Basic Sciences/Regulatory Physiology

Original Investigations

Sympathetic nerve activity to nonactive muscle of the exercising and nonexercising limb
Chester A. Ray and Allyn L. Mark 183

Effect of weight-training on energy expenditure and substrate utilization during sleep
Ludo M. L. A. van Etten, Klaas R. Westerterp, and Frans T. J. Verstappen 188

CD4+/CD8+ T-lymphocyte ratio: effects of rehydration before exercise in dehydrated men
John E. Greenleaf, Catherine G. R. Jackson, and DeSales Lawless 194

Fluid and carbohydrate ingestion independently improve performance during 1 h of intense exercise
Paul R. Below, Ricardo Mora-Rodríguez, José González-Alonso, and Edward F. Coyle 200

Local cooling in wheelchair athletes during exercise-heat stress
Lawrence E. Armstrong, Carl M. Maresh, Deborah Riebe, Robert W. Kenefick, John W. Castellani, Jodi M. Senk, Marcos Echegaray, and Mary F. Foley 211

Applied Sciences

Biodynamics

The relationship between cadence and lower extremity EMG in cyclists and noncyclists
Anthony P. Marsh and Philip E. Martin 217

Incline, speed, and distance assessment during unconstrained walking
Kamiar Aminian, Philippe Robert, Eric Jéquier, and Yves Schutz 226

Lower and upper body anaerobic performance in male and female adolescent athletes
Bradley C. Nindl, Matthew T. Mahar, Everett A. Harman, and John F. Patton 235

Physical Fitness and Performance

Physiological responses to in-line skating compared to treadmill running
Mark E. Wallick, John P. Porcari, Shari B. Wallick, Keith M. Berg, Glenn A. Brice, and George R. Arimond 242

VersaClimbing elicits higher $\dot{V}O_{2max}$ than does treadmill running or rowing ergometry
C. Jayne Brahler and Sally E. Blank 249

Accumulated oxygen deficit during supramaximal all-out and constant intensity exercise
Paul B. Gastin, David L. Costill, David L. Lawson, Krzysztof Krzeminski, and Glenn K. McConell 255

Age-related patterns in body composition for men aged 20–79 yr
Michael G. Bemben, Benjamin H. Massey, Debra A. Bemben, Richard A. Boileau, and James E. Misner 264

Special Communications

Methods

Body fat and muscle thickness distributions in untrained young females
Yoshie Ishida, Hiroaki Kenehisa, Joan F. Carroll, Michael L. Pollock, James E. Graves, and Scott H. Leggett 270

Determining the optimal mix of exercise activities using mathematical programming
Reuven R. Levary and Michael L. Creamer 275

Technical Note

Effect of slope variation and skating technique on velocity in cross-country skiing
Marcel R. Boulay, Kenneth W. Rundell, and Deborah L. King 281

Statistical Methods

The effect of trial size and variability on statistical power
Janet S. Dufek, Barry T. Bates, and Howard P. Davis 288

Book Reviews 296

Corrigendum 298

Volume 27, No. 3, 1995

Clinical Sciences

Clinical Case Study

Acute fracture bipartite patella: case report and literature review
Mary Lloyd Ireland and Jonathan L. Chang 299

Clinically Relevant Symposium

Interdisciplinary Approach to the Science of Alpine Skiing

Chairperson: Serge Petelin von Duvillard

Introduction: the interdisciplinary approach to the science of Alpine skiing
Serge Petelin von Duvillard 303

Intermediate and long-term anaerobic performance of elite Alpine skiers
David W. Bacharach and Serge Petelin von Duvillard 305

Aspects on muscle properties and use in competitive Alpine skiing
Per A. Tesch 310

Muscle activity in slalom and giant slalom skiing
Robert A. Hintermeister, Dennis D. O'Connor, Charles J. Dillman, Cindy L. Suplizio, Greg W. Lange, and J. Richard Steadman 315

Anterior cruciate ligament injury in elite Alpine competitors
Stephen C. Johnson 323

The surgical treatment of knee injuries in skiers
J. Richard Steadman and William I. Sterett 328

Geriatrics

Physical activities of noninstitutionalized Dutch elderly and characteristics of inactive elderly
Carla E. J. van den Hombergh, Evert G. Schouten, Wija A. van Staveren, Ludovic G. P. M. van Amelsvoort, and Frans J. Kok 334

Epidemiology

Physical activity, physical fitness, and coronary heart disease risk factors
Charles B. Eaton, Kate L. Lapane, Carol Ewing Garber, Annlouise R. Assaf, Thomas M. Lasater, and Richard A. Carleton 340

Daily energy expenditure in male endurance athletes with differing energy intakes
Janice L. Thompson, Melinda M. Manore, James S. Skinner, Eric Ravussin, and Maximilian Spraul 347

Basic Sciences/Regulatory Physiology

Original Investigations

Run training versus cross-training: effect of increased training on circulating leukocyte subsets
Francis X. Pizza, Michael G. Flynn, Thomas Sawyer, Per Gunnar Brolinson, Raymond D. Starling, and Frederick F. Andres 355

Exercise-induced muscle damage: effect on circulating leukocyte and lymphocyte subsets
Francis X. Pizza, Joel B. Mitchell, Bruce H. Davis, Raymond D. Starling, Robert W. Holtz, and Nancy Bigelow 363

Increased [lactate] in working dog muscle reduces tension development independent of pH
Michael C. Hogan, L. Bruce Gladden, S. Sadi Kurdak, and David C. Poole 371

Phosphocreatine kinetics in humans during exercise and recovery
Daniel J. McCann, Paul A. Molé, and John R. Caton 378

Selenium and training effects on the glutathione system and aerobic performance
Franck Tessier, Irene Margaritis, Marie-Jeanne Richard, Claire Moynot, and Pierre Marconnet 390

Applied Sciences

Biodynamics

Peak torque per unit cross-sectional area differs between strength-trained and untrained young adults
Michael J. Castro, Daniel J. McCann, James D. Shaffrath, and William C. Adams 397

Variation in the aerobic demand of running among trained and untrained subjects
Don W. Morgan, Donald R. Bransford, David L. Costill, Jack T. Daniels, Edward T. Howley, and Gary S. Krahenbuhl 404

Influence of heel height on ankle joint moments in running
Christoph Reinschmidt and Benno M. Nigg 410

Psychobiology and Social Sciences

Selected psychophysiological stress responses in men with high and low body fatness
Mark S. Sothmann, Barbara A. Hart, and Thelma S. Horn 417

Physical Fitness and Performance

Cardiovascular fitness as related to leg strength in adults with mental retardation
Kenneth H. Pitetti and Shahar Boneh 423

Compatibility of adaptive responses with combining strength and endurance training
John P. McCarthy, James C. Agre, Ben K. Graf, Myron A. Pozniak, and Arthur C. Vailas 429

Effects of menstrual cycle phase on athletic performance
Constance M. Lebrun, Donald C. McKenzie, Jerilynn C. Prior, and Jack E. Taunton 437

Special Communications

Methods

A generalized equation for prediction of $\dot{V}O_{2peak}$ from 1-mile run/walk performance
Kirk J. Cureton, Mark A. Sloniger, Jane P. O'Bannon, Donna M. Black, and William P. McCormack 445

Estimation of aerobic capacity from submaximal cycle ergometry in women
G. Harley Hartung, Roberta J. Blancq, David A. Lally, and Larry P. Krock 452

$\%\dot{V}O_{2max}$ versus $\%HR_{max}$ regressions for six modes of exercise
Ben R. Londeree, Tom R. Thomas, George Ziogas, Thomas D. Smith, and Qiang Zhang 458

Letters to the Editor-in-Chief 462

Book Reviews 466

Volume 27, No. 4, 1995

Clinical Sciences

Case Studies

Effect of a newly designed patellar realignment brace on patellofemoral relationships
Frank G. Shellock, Jerrold H. Mink, Andrew L. Deutsch, and Todd Molnar 469

Osteomyelitis of the pubic symphysis in athletes: a case report and literature review
Philip A. G. Karpos, Kurt P. Spindler, Mark A. Pierce, and Harrison J. Shull, Jr. 473

Clinical Investigations

Lipoprotein profile changes during intense training of Israeli military recruits
Ardon Rubinstein, Ruth Burstein, Flora Lubin, Angela Chetrit, Eldad J. Dann, Ora Levtov, Ruth Geter, Patricia A. Deuster, and Eran Dolev 480

A physical conditioning program does not alter fibrinogen concentration in young healthy subjects
Mahmoud S. El-Sayed and Bruce Davies 485

Lipoprotein(a) [Lp(a)] levels in middle-aged male runners and sedentary controls
Lyle Hubinger, Laurel Traeger Mackinnon, and Frank Lepre 490

Basic Sciences/Regulatory Physiology

Commentary

Guidelines, standards, and perspectives in exercise immunology
John A. Smith 497

Original Investigations

Training suppresses hepatic lactate dehydrogenase activity without altering the isoenzyme profile
Ken D. Sumida, Frank Frisch, and Casey M. Donovan 507

Skeletal muscle oxygenation during constant work rate exercise
Romualdo Belardinelli, Thomas J. Barstow, Janos Porszasz, and Karlman Wasserman 512

Effects of running on the torsional strength, morphometry, and bone mass of the rat skeleton
Donna L. Wheeler, James E. Graves, Gary J. Miller, Robert E. Vander Griend, Thomas J. Wronski, Scott K. Powers, and Hyuen Me Park 520

Arm crank exercise with static leg FNS in persons with spinal cord injury
Wayne Phillips and Lee N. Burkett 530

Effects of an intensive 12-wk training program by elite swimmers on neutrophil oxidative activity
David B. Pyne, Mark S. Baker, Peter A. Fricker, Warren A. McDonald, Richard D. Telford, and Maurice J. Weidemann 536

Bone mineral density and dietary intake of female college gymnasts
Elisabeth M. Kirchner, Richard D. Lewis, and Patrick J. O'Connor 543

Eating disorder symptoms in female college gymnasts
Patrick J. O'Connor, Richard D. Lewis, and Elisabeth M. Kirchner 550

Applied Sciences

Biodynamics

Effects of stimulation intensity on the physiological responses of human motor units
Stuart A. Binder-Macleod, Esther E. Halden, and Kimberly A. Jungles 556

Maximal voluntary quadriceps strength patterns in Olympic overtrained athletes
Yiannis Koutedakis, Rolf Frischknecht, Gerta Vrbová, N. C. Craig Sharp, and Richard Budgett 566

Physical Fitness and Performance

Effects of oxygen fraction in inspired air on rowing performance
Juha E. Peltonen, Jari Rantamäki, Seppo P. T. Niittymäki, Kai Sweins, Jukka T. Viitasalo, and Heikki K. Rusko 573

Wet suit effect: a comparison between competitive swimmers and triathletes
Jean-Claude Chatard, Xavier Senegas, Michel Selles, Patrick Dreanot, and Andre Geyssant 580

Special Communications

Methods

Evaluation of body composition by dual energy x-ray absorptiometry and two different software packages
Marta D. Van Loan, Nancy L. Keim, Klaudia Berg, and Patrick L. Mayclin 587

Combining event scores to estimate the ability of competitors
William G. Hopkins and Jack R. Green 592

Nonexercise regression models to estimate peak oxygen consumption
Daniel P. Heil, Patty S. Freedson, Lynn E. Ahlquist, Janet Price, and James M. Rippe 599

Technical Note

Energy expenditure during submaximal walking with Exerstriders®
Carol D. Rodgers, Jaci L. VanHeest, and Candice L. Schachter 607

Statistics

PRESS-related statistics: regression tools for cross-validation and case diagnostics
David B. Holiday, Joyce E. Ballard, and Barry C. McKeown 612

Book Reviews 621

ACSM$_{TM}$ Position Stand on Osteoporosis and Exercise i

Volume 27, No. 5, 1995

Clinical Sciences

Case Studies

Recurrent abdominal pain from abdominal adhesions in an endurance triathlete
Tamara D. Lauder and Frank M. Moses 623

Runner with gout and an aortic valve nodule
Geoffrey E. Moore and Allan L. Anderson 626

Osteitis pubis in collegiate football players
Mark E. Batt, John M. McShane, and Michael F. Dillingham 629

Clinical Investigation

Exercise during pregnancy and pregnancy outcome
Barbara Sternfeld, Charles P. Quesenberry, Jr., Brenda Eskenazi, and Lawrence A. Newman 634

Report of the National Center for Catastrophic Sports Injury Research

Nontraumatic sports death in high school and college athletes
Steven P. Van Camp, Colin M. Bloor, Frederick O. Mueller, Robert C. Cantu, and Harold G. Olson 641

Basic Sciences/Regulatory Physiology

Brief Review

Resistance training modes: specificity and effectiveness
Matthew C. Morrissey, Everett A. Harman, and Michael J. Johnson 648

Original Investigations

Effects of non-insulin-dependent diabetes on oxygen consumption during treadmill exercise
Judith G. Regensteiner, Jeffrey Sippel, Eric T. McFarling, Eugene E. Wolfel, and William R. Hiatt 661

Effect of choline supplementation on fatigue in trained cyclists
Sidney A. Spector, Matthew R. Jackman, Luann A. Sabounjian, Calli Sakkas, Daniel M. Landers, and Wayne T. Willis 668

Myosin heavy chain phenotype in regenerating skeletal muscle is affected by thyroid hormone
Steven T. Devor and Timothy P. White 674

Cardiorespiratory responses during exercise in competitive in-line skaters
Frank J. Fedel, Steven J. Keteyian, Clinton A. Brawner, Charles R. C. Marks, Mark J. Hakim, and Takeshi Kataoka 682

Bone mineral density in mature, premenopausal ultramarathon runners
Lisa K. Micklesfield, Estelle V. Lambert, Abdul B. Fataar, Timothy D. Noakes, and Kathryn H. Myburgh 688

Quantification of tolerance to lower body negative pressure in a healthy population
J. Timothy Lightfoot and Kay Maria Tsintgiras 697

Epidemiology

Physical activity and health-related fitness in middle-aged men
Rainer Rauramaa, Petri Tuomainen, Sari Väisänen, and Tuomo Rankinen 707

Physical activity trends among 26 states, 1986–1990
Carl J. Caspersen and Robert K. Merritt 713

The Heritage Family Study

Aims, design, and measurement protocol
Claude Bouchard, Arthur S. Leon, D. C. Rao, James S. Skinner, Jack H. Wilmore, and Jacques Gagnon 721

Applied Sciences

Biodynamics

Cardiorespiratory responses to seat-tube angle variation during steady-state cycling
Daniel P. Heil, Anthony R. Wilcox, and Chris M. Quinn 730

The assessment of mechanical and neuromuscular response strategies during landing
Brian L. Caster and Barry T. Bates 736

Factors in daily physical activity related to calcaneal mineral density in men
Teresa M. Hutchinson, Robert T. Whalen, Tammy M. Cleek, John M. Vogel, and Sara B. Arnaud 745

The extended transentropy function as a useful quantifier of human motion variability
Herbert Hatze 751

Psychobiology and Social Sciences

Metabolic and perceptual responses during arm and leg ergometry in water and air
Robert Robertson, Fredric Goss, Timothy Michael, Niall Moyna, Paul Gordon, Paul Visich, Jie Kang, Theodore Angelopoulos, Sergio DaSilva, and Kenneth Metz 760

Chronic psychological effects of exercise and exercise plus cognitive strategies
David R. Brown, Youde Wang, Ann Ward, Cara B. Ebbeling, Laurie Fortlage, Elaine Puleo, Herbert Benson, and James M. Rippe 765

Special Communications

Methods

Practical techniques for assessing body composition in middle-aged and older adults
Daniel P. Williams, Scott B. Going, Laura A. Milliken, Matthew C. Hall, and Timothy G. Lohman 776

Anthropometric estimation of thigh muscle cross-sectional area
Dona J. Housh, Terry J. Housh, Joseph P. Weir, Loree L. Weir, Glen O. Johnson, and Jeffrey R. Stout 784

Book Reviews 792

Corrigendum 794

Volume 27, No. 6, 1995

Clinical Sciences

Case Study

Os acromiale in a baseball catcher
James C. Sterling, Michael C. Meyers, Walter Chesshir, and R. David Calvo 795

Clinical Investigations

Effect of foot posture on the incidence of medial tibial stress syndrome
Hillel M. Sommer and Stephen W. Vallentyne 800

Contralateral hamstring (biceps femoris) coactivation patterns and anterior cruciate ligament dysfunction
Louis R. Osternig, Brian L. Caster, and C. Roger James 805

Follicular and luteal phase hormonal responses to low-volume resistive exercise
Robert R. Kraemer, Richard J. Heleniak, Jim L. Tryniecki, Ginger R. Kraemer, Nicole J. Okazaki, and V. Daniel Castracane 809

Epidemiology

Predictors of left ventricular mass and resting blood pressure in children: the Muscatine Study
Kathleen F. Janz, Trudy L. Burns, and Larry T. Mahoney 818

Injury surveillance at the USTA Boys' Tennis Championships: a 6-yr study
Mark R. Hutchinson, Robert F. Laprade, Quinter M. Burnett II, Robert Moss, and Jeff Terpstra 826

Clinical Review

Exercise and mineral status of athletes: calcium, magnesium, phosphorus, and iron
Priscilla M. Clarkson and Emily M. Haymes 831

Basic Sciences/Regulatory Physiology

Original Investigations

Intrinsic properties of ACL and MCL cells and their responses to growth factors
David Amiel, Chandrasekharam N. Nagineni, Soo Ho Choi, and Joe Lee 844

Evaluation of blood lactate elevation as an intensity criterion for exercise training
Richard Casaburi, Thomas W. Storer, Cynthia S. Sullivan, and Karlman Wasserman 852

Anaerobic threshold, individual anaerobic threshold, and maximal lactate steady state in rowing
Ralph Beneke 863

Muscular adaptation to concentric and eccentric exercise at equal power levels
Thomas P. Mayhew, Jules M. Rothstein, Sheryl D. Finucane, and Robert L. Lamb 868

Effects of non-insulin-dependent diabetes on oxygen consumption during treadmill exercise
Judith G. Regensteiner, Jeffrey Sippel, Eric T. McFarling, Eugene E. Wolfel, and William R. Hiatt 875

Drink composition and the electrolyte balance of children exercising in the heat
Flavia Meyer, Oded Bar-Or, Duncan MacDougall, and George J. F. Heigenhauser 882

Applied Sciences

Biodynamics

The energy cost of walking before and after significant weight loss
Gary D. Foster, Thomas A. Wadden, Zebulon V. Kendrick, Kathleen A. Letizia, Deborah P. Lander, and Alicia M. Conill 888

Isotonic preload versus isokinetic knee extension resistance training
John E. Kovaleski, Robert H. Heitman, Terry L. Trundle, and William F. Gilley 895

Psychobiology and Social Sciences

Profile of mood states and cardiac rehabilitation after acute myocardial infarction
Neil Oldridge, David Streiner, Ray Hoffman, and Gordon Guyatt 900

Physical Fitness and Performance

Strength improvements with 1 yr of progressive resistance training in older women
Christina M. Morganti, Miriam E. Nelson, Maria A. Fiatarone, Gerard E. Dallal, Christina D. Economos, Brenda M. Crawford, and William J. Evans 906

Effect of an abdominal binder during wheelchair exercise
Julie K. Kerk, Philip S. Clifford, Ann C. Snyder, Thomas E. Prieto, Kathleen P. O'Hagan, Philip K. Schot, Joel B. Myklebust, and Barbara M. Myklebust 913

The effects of endurance training on functional capacity in the elderly: a meta-analysis
John S. Green and Stephen F. Crouse 920

Special Communications

Methods

The bloodless lactate profile
Carl Foster, Michael P. Crowe, Dianne Holum, Susan Sandvig, Matthew Schrager, Ann C. Snyder, and Susan Zajakowski 927

Validity of the Computer Science and Applications, Inc. (CSA) activity monitor
Edward L. Melanson, Jr. and Patty S. Freedson 934

Letters to the Editor-in-Chief

Adaptations to exercise training in healthy older people
Loretta DiPietro, Nina Stachenfeld, Gary Mack, and Ethan Nadel 941

Response
Joan F. Carroll, Victor A. Convertino, Charles E. Wood, James E. Graves, David T. Lowenthal, and Michael L. Pollock 941

Commentary
David A. Ludwig 943

Book Reviews 946

Volume 27, No. 7, 1995

Editorial 949

Clinical Sciences

Clinical Sciences

Etiology of iliotibial band friction syndrome in distance runners
Stephen P. Messier, David G. Edwards, David F. Martin, Robert B. Lowery, D. Wayne Cannon, Margaret K. James, Walton W. Curl, Hank M. Read, Jr., and D. Monte Hunter 951

Effects of oral contraceptives on fibrinolytic response to exercise
Jose A. de Paz, Jose G. Villa, Eduardo Vilades, Maria A. Martin-Nuño, Joaquin Lasierra, and Javier Gonzalez-Gallego 961

Muscle strength and body composition: associations with bone density in older subjects
Virginia A. Hughes, Walter R. Frontera, Gerard E. Dallal, Karyn J. Lutz, Elizabeth C. Fisher, and William J. Evans 967

Clinical Review

The therapeutic role of exercise in patients with orthotopic heart transplant
Dalynn T. Badenhop 975

Basic Sciences/Regulatory Physiology

Original Investigations

Immune function in marathon runners versus sedentary controls
David C. Nieman, Kevin S. Buckley, Dru A. Henson, Beverly J. Warren, Jill Suttles, Jennifer C. Ahle, Stephen Simandle, Omar R. Fagoaga, and Sandra L. Nehlsen-Cannarella 986

Cardiac adrenergic responses and electrophysiology during ischemia: effect of exercise
Mary Hamra and Robert S. McNeil 993

Exercise-induced gastric mucosal acidosis
Henning B. Nielsen, Lars B. Svendsen, Tom H. Jensen, and Niels H. Secher 1003

Maximal and ventilatory threshold responses to treadmill and water immersion running
D. D. Frangolias and E. C. Rhodes 1007

Thermal responses to swimming in three water temperatures: influence of a wet suit
Todd A. Trappe, Raymond D. Starling, Alison C. Jozsi, Bret H. Goodpaster, Scott W. Trappe, Teruo Nomura, Shigeru Obara, and David L. Costill 1014

Brief Review

Inflammatory cell response to acute muscle injury
James G. Tidball 1022

Epidemiology

The level and tempo of children's physical activities: an observational study
Robert C. Bailey, Jodi Olson, Sarah L. Pepper, Janos Porszasz, Thomas J. Barstow, and Dan M. Cooper 1033

Variability and tracking of physical activity over 2 yr in young children
James F. Sallis, Charles C. Berry, Shelia L. Broyles, Thomas L. McKenzie, and Philip R. Nader 1042

Applied Sciences

Physical Fitness and Performance

Cardiovascular responses to exercise in sprinters and distance runners
Donald J. Torok, William J. Duey, David R. Bassett, Jr., Edward T. Howley, and Peter Mancuso 1050

Physiological and performance responses to nicotinic-acid ingestion during exercise
Robert Murray, William P. Bartoli, Dennis E. Eddy, and Mary K. Horn 1057

Overtraining following intensified training with normal muscle glycogen
Ann C. Snyder, Harm Kuipers, Bo Cheng, Rodrique Servais, and Erik Fransen 1063

Special Communications

Methods

Field trial of a three-dimensional activity monitor: comparison with self report
Charles E. Matthews and Patty S. Freedson 1071

Military body fat standards and equations applied to middle-aged women
Gaston P. Bathalon, Virginia A. Hughes, Wayne W. Campbell, Maria A. Fiatarone, and William J. Evans 1079

Technical Notes

Effect of swimming suit design on the energy demands of swimming
Raymond D. Starling, David L. Costill, Todd A. Trappe, Alison C. Jozsi, Scott W. Trappe, and F et H. Goodpaster 1086

Air friction and rolling resistance during cycling
Gert de Groot, Anthony Sargeant, and Jos Geysel 1090

Letters to the Editor-in-Chief

The validity of non-exercise cardiorespiratory fitness prediction models
Andrew S. Jackson, Larry T. Wier, and Robert M. Ross 1096

Response
Mitchell H. Whaley, Gregory B. Dwyer, and Leonard A. Kaminsky 1097

Scaling anaerobic performance for differences in body dimensions
Alan M. Batterham and Keith P. George 1098

Response
Bradley C. Nindl, Matthew T. Mahar, Everett A. Harman, and John F. Patton 1099

Book Reviews 1101

Information for Authors i

Volume 27, No. 8, 1995

Clinical Studies

Clinical Investigations

Effects of long-term moderate exercise on iron status in young women
Sujatha Rajaram, Connie M. Weaver, Roseann M. Lyle, Darlene A. Sedlock, Berdine Martin, Tom J. Templin, John L. Beard, and Susan S. Percival 1105

Immune response to changes in training intensity and volume in runners
Jason S. Kajiura, J. Duncan MacDougall, Peter B. Ernst, and Edward V. Younglai 1111

Clinical Review

Clenbuterol: a substitute for anabolic steroids?
Irvine D. Prather, David E. Brown, Perry North, and Judy R. Wilson 1118

Basic Sciences

Original Investigations

Symposium: Endothelial-Mediated Control of Coronary and Skeletal Muscle Blood Flow During Exercise
Chairperson: Richard M. McAllister

Endothelial-mediated control of coronary and skeletal muscle blood flow during exercise: introduction
Richard M. McAllister 1122

Nitric oxide production and NO synthase gene expression contribute to vascular regulation during exercise
Weigun Shen, Xiaoping Zhang, Gong Zhao, Michael S. Wolin, William Sessa, and Thomas Hintze 1125

Endothelium-mediated control of coronary vascular tone after chronic exercise training
M. Harold Laughlin 1135

Contribution of endothelium-derived nitric oxide (EDNO) to the skeletal muscle blood flow response to exercise
Richard M. McAllister, Tadakazu Hirai, and Timothy I. Musch 1145

Effects of exercise training on endothelium-dependent peripheral vascular responsiveness
Michael D. Delp 1152

Coordination of blood flow control in the resistance vasculature of skeletal muscle
Steven S. Segal and David T. Kurjiaka 1158

Endothelial cell calcium and vascular control
Jeff C. Falcone 1165

Epidemiology

Relationship between mean habitual daily energy expenditure and maximal oxygen uptake
Sophie E. Berthouze, Pierre M. Minaire, Josiane Castells, Thierry Busso, Laurence Vico, and Jean-Rene Lacour 1170

The natural history of exercise: a 10-yr follow-up of a cohort of runners
Jeffrey P. Koplan, Richard B. Rothenberg, and Edward L. Jones 1180

Applied Sciences

Biodynamics

Neuromuscular dysfunction following eccentric exercise
John M. Saxton, Priscilla M. Clarkson, Robert James, Mary Miles, Michael Westerfer, Sean Clark, and Alan E. Donnelly 1185

Effects of stride frequency on mechanical power and energy expenditure of walking
Alberto E. Minetti, Carlo Capelli, Paola Zamparo, Pietro E. di Prampero, and Franco Saibene 1194

Physical Fitness and Performance

Influence of high-resistance and high-velocity training on sprint performance
Christophe Delecluse, Herman van Coppenolle, Eustache Willems, Mark van Leemputte, Rudi Diels, and Marina Goris 1203

Comparative effectiveness of accommodating and weight resistance training modes
Fergal T. O'Hagan, Digby G. Sale, J. Duncan MacDougall, and Scott H. Garner 1210

Special Communications

Methods

The Wisconsin wrestling minimum weight project: a model for weight control among high school wrestlers
Robert A. Oppliger, Ronald D. Harms, Donald E. Herrmann, Cynthia M. Streich, and R. Randall Clark 1220

Letters to the Editor

Ongoing initiatives by ACSM on exercise in America
Steven J. Keteyian and Gregory W. Health 1225

Response
Frank W. Booth and Brian S. Tseng 1226

Book Reviews 1228

Volume 27, No. 9, 1995

Clinical Studies

Case Studies

Post-swim orthostatic intolerance in a marathon swimmer
J. Bryan Finlay, A. Frederick Hartman, and Robert C. Weir 1231

Exercise-associated collapse in cyclists is unrelated to endotoxemia
Geoffrey E. Moore, M. E. Blair Holbein, and James P. Knochel 1238

Clinical Investigations

Fat-free mass is maintained in women following a moderate diet and exercise program
Bonita L. Marks, Ann Ward, Diane H. Morris, John Castellani, and James M. Rippe 1243

Cardiovascular effects of androgenic-anabolic steroids
Russell B. Melchert and Allison A. Welder 1252

Basic Sciences/Regulatory Physiology

Original Investigations

Muscle damage following repeated bouts of high force eccentric exercise
Kazunori Nosaka and Priscilla M. Clarkson 1263

Diabetic nephropathy in an aerobically trained rat model of diabetes
Ann L. Albright, John D. Mahan, Kory M. Ward, W. Michael Sherman, Karla L. Roehrig, and Timothy E. Kirby 1270

No effect of glycogen level on glycogen metabolism during high intensity exercise
Katleen Vandenberghe, Peter Hespel, Bavo Vanden Eynde, Roeland Lysens, and Erik A. Richter 1278

Gas exchange kinetics during functional electrical stimulation in subjects with spinal cord injury
Thomas J. Barstow, A. M. Erika Scremin, Deborah L. Mutton, Charles F. Kunkel, Thomas G. Cagle, and Brian J. Whipp 1284

Brief Review

Criteria for maximal oxygen uptake: review and commentary
Edward T. Howley, David R. Bassett, Jr., and Hugh G. Welch 1292

Applied Sciences

Physical Fitness and Performance

Physiological characteristics and performance of top U.S. biathletes
Kenneth W. Rundell and David W. Bacharach 1302

Energy expenditure in adolescents during low intensity, leisure activities
Craig A. Horswill, C. Lawrence Kien, and William B. Zipf 1311

Special Communications

Methods

Evaluation of the ACSM submaximal ergometer test for estimating $\dot{V}O_{2max}$
Jeffrey S. Greiwe, Leonard A. Kaminsky, Mitchell H. Whaley, and Gregory B. Dwyer 1315

Validity of skinfold equations for estimating body density in youth wrestlers
Jeffrey R. Stout, Terry J. Housh, Glen O. Johnson, Dona J. Housh, Sharon A. Evans, and Joan M. Eckerson 1321

The stability of children's physical activity as measured by accelerometry and self-report
Kathleen F. Janz, John Witt, and Larry T. Mahoney 1326

Technical Notes

Evaluation of the Cosmed K2 telemetry system during exercise at moderate altitude
André-Xavier Bigard and Charles-Yannick Guezennec 1333

A chronically instrumented rat model to assess the altered baroreflex due to exercise
Michael F. Hyek, Julianna E. Szilagyi, and Charlotte A. Tate 1339

Book Reviews 1345

Volume 27, No. 10, 1995

Clinical Studies

Clinical Commentary

Body composition by DXA: tried and true?
Wendy M. Kohrt 1349

Clinical Investigations

Variations in bone status of contralateral and regional sites in young athletic women
Eva J. Lee, Kelly A. Long, William L. Risser, Hally B. W. Poindexter, William E. Gibbons, and Joseph Goldzieher 1354

Electrocardiographic and echocardiographic characteristics of female athletes
Keith P. George, Larry A. Wolfe, Gary W. Burggraf, and Rosemary Norman 1362

Aerobic exercise and normotensive adults: a meta-analysis
George Kelley and Zung Vu Tran 1371

Clinically Relevant

Effect of intermittent eccentric contractions on symptoms of muscle microinjury
Brenda N. Teague and James A. Schwane 1378

Basic Sciences/Regulatory Physiology

Original Investigations

Anabolic-androgenic steroid increases running endurance in rats
Charl G. Van Zyl, Timothy D. Noakes, and Michael I. Lambert 1385

Strenuous exercise with caloric restriction: effect on luteinizing hormone secretion
Nancy I. Williams, John C. Young, Janet W. McArthur, Beverly Bullen, Gary S. Skrinar, and Barry Turnbull 1390

Enhanced cardiopulmonary reflex inhibition of heart rate during exercise
Chao-Yin Chen, Stephen E. DiCarlo, and Heidi L. Collins 1399

Autonomic nervous system control of the heart: endurance exercise training
Xiangrong Shi, Glen H. J. Stevens, Brian H. Foresman, Stephen A. Stern, and Peter B. Raven 1406

Effect of sodium concentration in a carbohydrate-electrolyte solution on intestinal absorption
Carl V. Gisolfi, Robert D. Summers, Harold P. Schedl, and Timothy L. Bleiler 1414

Changes in magnetic resonance transverse relaxation times of two muscles following standardized exercise
Thomas B. Price, Thomas R. McCauley, Antoni J. Duleba, Kenneth L. Wilkens, and John C. Gore 1421

Applied Sciences

Biodynamics

Estimation of critical power with nonlinear and linear models
Glenn A. Gaesser, Tony J. Carnevale, Alan Garfinkel, Donald O. Walter, and Christopher J. Womack 1430

Physical Fitness and Performance

Comparison of body composition between German and American adults with mental retardation
Bernd Frey and James H. Rimmer 1439

Does strength training inhibit gains in range of motion from flexibility training in older adults?
Cindy K. Girouard and Ben F. Hurley 1444

Special Communications

Methods

Predictive accuracy of bioimpedance equations in estimating fat-free mass of Hispanic women
Lisa M. Stolarczyk, Vivian H. Heyward, Jeff A. Goodman, Deborah J. Grant, Karen L. Kessler, Paula S. Kocina, and Virginia Wilmerding 1450

Validation of a cycle ergometry equation for predicting steady-rate $\dot{V}O_2$ in obese women
Ross E. Andersen and Thomas A. Wadden 1457

Book Reviews 1461

Corrigendum 1463

Volume 27, No. 11, 1995

Clinical Studies

Clinical Investigations

Balanced activation of coagulation and fibrinolysis after a 2-h triathlon
Peter Bärtsch, Bärbel Welsch, Michael Albert, Birgit Friedmann, Marcel Levi, and Egbert K. O. Kruithof 1465

The effects of albuterol and isokinetic exercise on the quadriceps muscle group
John F. Caruso, Joseph F. Signorile, Arlette C. Perry, Bill Leblanc, Richard Williams, Mike Clark, and Marcas M. Bamman 1471

Contributions of exercise, body composition, and age to bone mineral density in premenopausal women
Lee Alekel, Jody L. Clasey, Patricia C. Fehling, Ronald M. Weigel, Richard A. Boileau, John W. Erdman, and Rachel Stillman 1477

Adaptations of immature trabecular bone to exercise and augmented dietary protein
Ronald F. Zernicke, George J. Salem, R. James Barnard, John S. Woodward Jr., Jerzy W. Meduski, and Jerzy D. Meduski 1486

Basic Sciences/Regulatory Physiology

Original Investigations

Stretch-induced transformations in myosin expression of quail anterior latissimus dorsi muscle
William J. Roman and Stephen E. Alway 1494

Effects of hypothyroidism and aortic constriction on mitochondria during cardiac hypertrophy
Mary L. Nishio, Olga I. Ornatsky, and David A. Hood 1500

Effect of endurance exercise on ovulation in the rat
Robert T. Chatterton, Jr., Linda Hrycyk, and Robert C. Hickson 1509

Physical activity and immune senescence in men
Shoji Shinkai, Hideaki Kohno, Kei Kimura, Takashi Komura, Hidenori Asai, Reiko Inai, Keizo Oka, Yoshika Kurokawa, and Roy J. Shephard 1516

Metabolite and hormonal response in smokers during rest and sustained exercise
Sheri R. Colberg, Gretchen A. Casazza, Michael A. Horning, and George A. Brooks 1527

Epidemiology

Sedentary lifestyle and risk of coronary heart disease in women
Charles B. Eaton, Kate L. Lapane, Carol A. Garber, Annlouise R. Assaf, Thomas M. Lasater, and Richard A. Carleton 1535

Applied Sciences

Biodynamics

Paradoxical effects of practice of fast single-joint movements
Gil L. Almeida and Mark L. Latash 1540

The influence of hand guards on forces and muscle activity during giant swings on the high bar
Robert J. Neal, Vaughan Kippers, Dirk Plooy, and Mark R. Forwood 1550

Physical Fitness and Performance

Upper-body testing of cross-country skiers
Bernard Bilodeau, Benoît Roy, and Marcel R. Boulay 1557

Lactate response to uphill roller skiing: diagonal stride versus double pole techniques
Scott W. Mittelstadt, Martin D. Hoffman, Phillip B. Watts, Kathleen P. O'Hagan, Jon Eric Sulentic, Kip M. Drobish, Timothy P. Gibbons, Victoria S. Newbury, and Philip S. Clifford 1563

Special Communications

Methods

Detection in blood and urine of recombinant erythropoietin administered to healthy men
Leif Wide, Christer Bengtsson, Bo Berglund, and Björn Ekblom 1569

Book Reviews 1577

Volume 27, No. 12, 1995

Clinical Sciences

Case Studies

Bed rest induces neural and contractile adaptations in triceps surae
Jacques Duchateau 1581

Effects of long-distance running on serum bilirubin
Jose A. de Paz, Jose G. Villa, Pilar Lopez, and Javier Gonzalez-Gallego 1590

Clinical Investigations

The prevalence and significance of post-exercise (postural) hypotension in ultramarathon runners
Lucy-May Holtzhausen and Timothy D. Noakes 1595

Left ventricular ejection fraction during incremental and steady state exercise
Carl Foster, Rami A. Gal, Steven C. Port, and Donald H. Schmidt 1602

Basic Sciences/Regulatory Physiology

Original Investigations

Effects of carbohydrate type and concentration and solution osmolality on water absorption
Xiacoai Shi, Robert W. Summers, Harold P. Schedl, Shawn W. Flanagan, Raytai Chang, and Carl V. Gisolfi 1607

Plasma catecholamine and ventilatory responses to cycling after propranolol treatment
Donald A. Schneider, Gary H. Kamimori, Samuel Y. Wu, Michael T. McEniery, and Colin Solomon 1616

Expired air temperature during steady-state running
Fred W. Kolkhorst, Tom D. Toepfer, and Forrest A. Dolgener 1621

Epidemiology

Physical inactivity and glucose intolerance in the multiethnic island of Mauritius
Mark A. Pereira, Andrea M. Kriska, Monica L. Joswiak, Gary K. Dowse, Veronica R. Collins, Paul Z. Zimmet, Hassam Gareeboo, P. Chitson, F. Hermaj, A. Purran, and D. Fareed 1626

Ethnicity affects aerobic fitness in U.S. adolescent girls
James M. Pivarnik, Molly S. Bray, Albert C. Hergenroeder, Rebecca B. Hill, and William W. Wong 1635
Physical activity and the initiation of high-risk health behaviors in adolescents
Deborah J. Aaron, Stephen R. Dearwater, Robyn Anderson, Todd Olsen, Andrea M. Kriska, and Ronald E. Laporte 1639
Associations among baseline physical activity and subsequent cardiovascular risk factors
Deborah Rohm Young, Dan S. Sharp and J. David Curb 1646

Applied Sciences

Biodynamics

The influence of a strength-sprint training sequence on multi-joint power output
Gordon G. Sleivert, Richard D. Backus, and Howard A. Wenger 1655
Involvement of eccentric muscle actions in giant slalom racing
Hans E. Berg, Ola Eiken, and Per A. Tesch 1666

Physical Fitness and Performance

Electrical stimulation and swimming performance
Pichon Florence, Jean-Claude Chatard, Alain Martin, and Gilles Cometti 1671

Special Communications

Methods

Treadmill roller ski test predicts biathlon roller ski race results of elite U.S. biathlon women
Kenneth W. Rundell 1677
Evaluation of a new air displacement plethysmograph for measuring human body composition
Megan A. McCrory, Terri D. Gomez, Edmund M. Bernauer, and Paul A. Molé 1686
A new air displacement method for the determination of human body composition
Philip Dempster and Susan Aitkens 1692

Technical Notes

Gas mixing apparatus for determining cardiac output by CO_2 rebreathing
David R. Bassett, Jr. and Thomas R. Fitton 1698
The start in speed skating: from running to gliding
Jos J. de Koning, Rixte Thomas, Monique Berger, Gert de Groot, and Gerrit Jan van Ingen Schenau 1703

Book Reviews 1709

Author Index, Volume 27 1712

Key Word Index, Volume 27 1721

Contents to Volume 27 i